



YiRIDE

SPIN-A-THON

\$15
PER CLASS



Parkinson's Disease

OPEN TO THE
COMMUNITY!

GREAT WORKOUT.
GREAT CAUSE.
GREAT COMMUNITY.

Get in a great workout while supporting our Pedaling for Parkinson's program. This program allows individuals with a Parkinson's Disease diagnosis to attend three spin classes each week at no cost. Biking has proven to significantly reduce symptoms of Parkinson's.

SUNDAY, NOVEMBER 5th

ROSCOE BRANCH

9901 Main St.
Roscoe, IL 61073



CLASSES

CLASSES TO BE
ANNOUNCED AT A
LATER DATE!

**SPONSORSHIP &
RAFFLE DONATION
OPPORTUNITIES
AVAILABLE!**

QUESTIONS?

Contact Stacy at
shill@statelineymca.org

**LEARN MORE
& SIGN-UP!**

statelineymca.org/p4p

